

Register Now for the Spring 2013 Semester at SFCC!

Santa Fe Community College will continue to offer online nutrition courses this spring. These 12-week nutrition courses begin on February 18, 2013 and end on May 18, 2013. ***Although most of the nutrition courses may appear full a few seats have been set aside for WIC students. Please register as early as there is limited space.***

Please see page 2 of this document for special and detailed instructions for WIC staff to enroll early.

Nutrition courses offered this spring are:

- **NUTR 121 Dietary Guidelines CRN 31142**

Presents and explains in detail “The Dietary Guidelines for Americans” developed by the U.S. Department of Agriculture and the U.S. Department of Health and Human Services.

No text required for this course

- **NUTR 200 Nutrition (2 sections-register for one only) CRN 31143 or 31144**

Basic principles of nutrition, including functions, interactions and human requirements of nutrients in maintaining optimum health.

Required Text: *Nutrition & You*, 2nd ed. ISBN 9780321814937

- **NUTR 205 Nutrition in the Life Cycle CRN 31145**

Nutritional needs and recommendations for pregnancy, infancy, childhood, adolescence, adulthood and the elderly.

Required Text: *Nutrition through the Life Cycle*, 4th ed. ISBN 0538733411

- **NUTR 206 Community Nutrition CRN 31146**

Food and nutrition issues and public health programs related to individuals, families and groups living in a defined area.

No text required for this course

- **NUTR 221 Diabetes Management CRN 31148**

Prevention and management of diabetes including blood glucose control, insulin and medication, nutrition and exercise recommendations, and the prevention of complications.

Required Texts: *Complete Guide to Diabetes* 5th ed, ISBN 9781580403306

Guide to Eating Right When You Have Diabetes ISBN 1580401619

- **NUTR 230 Nutrition for Fitness and Sport CRN 31149**

Principles of nutrition in maintaining optimum health in the exercising adult. Effects of exercise on nutritional requirements and guidelines for their use are emphasized.

Required Text: *Practical Applications in Sports Nutrition*, 3rd ed, ISBN 978-1449646431

The textbooks required above may be ordered and shipped through the SFCC bookstore (505.428.1218) using a credit card OR through most major online booksellers. **Important:** Students *should have their text available the first day of class.*

Instructions for Registration:

1. All **new** SFCC students must first complete an online application before registering for any courses.
2. Email Gretchen Scott at gretchen.scott@sfcc.edu with the following information:
 - Name and A #
 - Nutrition course(s) you would like to register for (see course list above)
3. Make payment or payment arrangements immediately to avoid being disenrolled. (You will be notified by email if you have been registered for class(es).
 - Individual students enrolling and paying their own tuition may call the Cashier's Office at 505 428-1211 to make payment or make arrangements for payment. Payment can also be made online by credit card by following the link.
 - Third party payers must email the following information to Maria Eleas maria.eleas@sfcc.edu
 - Purchase order # or letter of intent to pay
 - Student name(s)
 - Student A#
 - Student phone number
 - Course(s) each student is enrolling in

Students can access their courses the first day of class by following the BLACKBOARD link on the SFCC homepage/public website.

Please go to the public site for Santa Fe Community College www.sfcc.edu for more detailed information about the college (enrollment of new students, college catalog, student handbook, phone numbers, online course access, etc.)

For specific information or questions contact the following individuals:

Technical problems with registration or online courses: Help Desk 505.428.1222

Tuition/registration payment 505.428.1211

Bookstore 505.428.1218

Nutrition course content information-Gretchen Scott gretchen.scott@sfcc.edu 505.428.1311